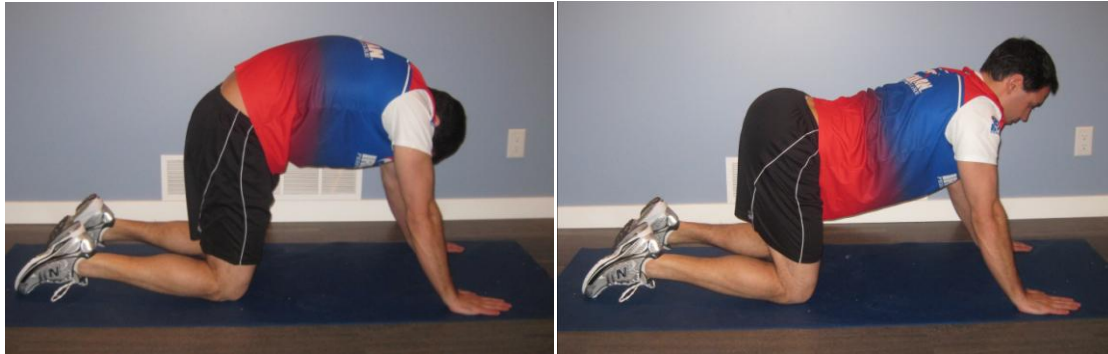


Spine mobilization/stretches

All of these exercises can be performed daily.

Cat-Camel

Although this plan is designed to improve the endurance of your stabilizing muscles, it's important to begin your workout by slowly flexing and extending your spine in small ranges of motion to prepare it for the moves that follow. Keep in mind, this exercise isn't a stretch. So don't push at the end of each movement.



Get down on your hands and knees with your hands shoulder-width apart. Slowly lower your head between your arms as you push up as high as you can with your back, rounding your spine. When you reach the top of the movement, slowly lower your back as you lift your head up, extend your neck forward and up, and arch your lower back by moving your belly button toward the floor. That's one repetition. Remember, move back and forth slowly without pushing at either end of the movement. Do five to eight repetitions.

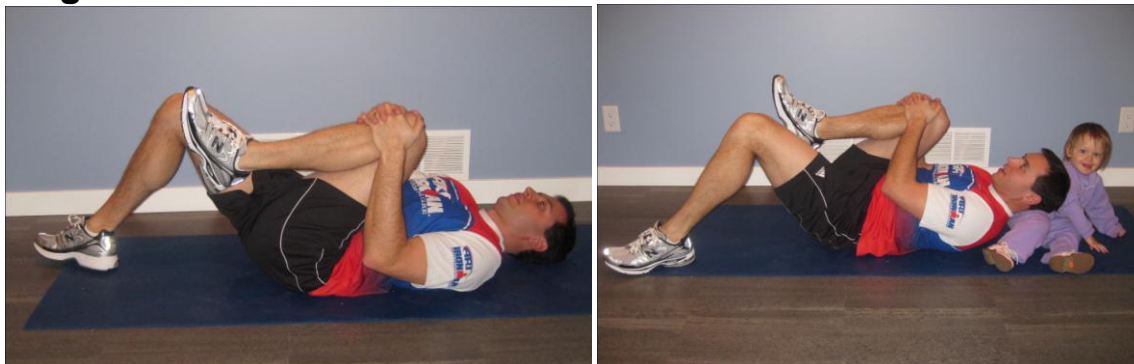
Cobra/Press up

Lie on floor on stomach, hands at your sides and press up looking up until almost uncomfortable. Take a deep breath in and go a bit further. Only do this if I instruct you to.



Don't do this one if you get pain down your leg, especially past your knee or if it causes discomfort in small of your back

Single Knee to chest



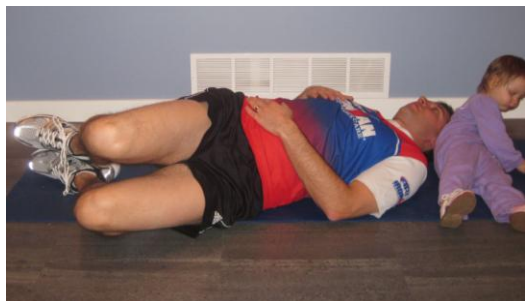
Knee to opposite shoulder

Pull right knee to left shoulder and visa versa. See above just pull to shoulder.

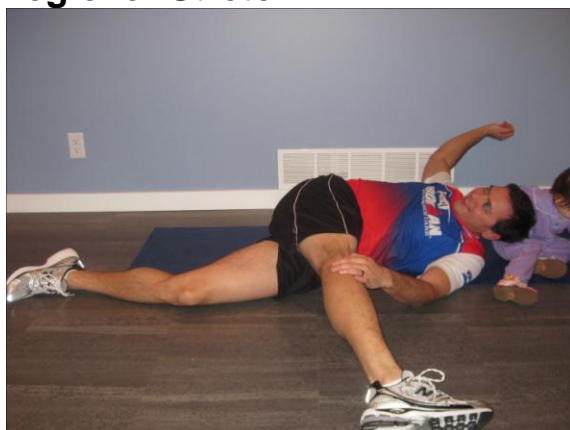
Cross foot over opposite knee and pull in (“piriformis stretch”)



Knee Rock side to side



Leg over Stretch



Low Back Strengthening/Endurance

You must use the “Abdominal Brace” for all these exercises

Squeeze your abdomen as tight as possible. Make yourself strong. Don't suck in. Now hold it and learn to breathe while holding the brace, that is stability. It is like a cough or laugh or being punched in stomach.

Spine Neutral-maintain it for all exercises

Hold each exercise two full breaths or 6 -10 seconds while maintaining abdominal brace

Curl-Up

This exercise forces you to work your entire abdominal muscle complex while keeping your lower back in its naturally arched position. The move minimizes stress on your spine while increasing the endurance of the muscles.



My neck is flexed a bit too much here, try less

How to do it: Lie on your back on the floor with your left leg straight and flat on the floor. Your right knee should be bent and your right foot flat. Place your hands palms down on the floor underneath the natural arch in your lower back. (Don't flatten your back.) Slowly raise your head and shoulders off the floor without bending your lower back or spine, and hold this position for 7 to 8 seconds, breathing deeply the entire time. That's one repetition. Bend at your hip not lower back. Do four repetitions, then switch legs so that your right leg is straight and your left is bent.

Advanced move: Try raising your elbows off the floor as you curl up. For an even greater challenge, start by contracting your abs, and then curl up against that force.

Side Bridge

You'll work your lateral stabilizers-muscles that are crucial in ensuring that your spine is fully supported-by assuming a body position that puts them at a disadvantage and forces them to work harder than normal.

How to do it: Lie on your left side with your knees straight and your upper body propped up on your left elbow and forearm. Place your right hand on your left shoulder or on your hip. Now slowly push your hips forward while lifting until your body forms a straight line from your shoulders to your knees. Hold this position for 7 to 8 seconds, breathing deeply the entire time. Do four or five repetitions, then switch to your right side stopping in the plank on the way to opposite side. When you turn, turn as a unit hips locked to ribs.



Push your hips forward as doing a glut bridge. To progress this movement you can lift the top leg in the air.

Plank

Assume a modified pushup position as shown, elbows under your shoulders. Keep your shoulder blades back and down and your abs tight. Hold for 7-8 seconds, pause, and repeat four times. That's one set.



Can also do cross crawl/bird dog in this position. Start by squeezing left glut to raise left leg off of floor and progress by lifting right arm as well

Bird Dog/Cross Crawl

This exercise works your lower- and middle-back extensors.

How to do it: Get down on your hands and knees with your palms flat on the floor, shoulder-width apart. Slowly raise and straighten your right leg and left arm at the same time. Hold that position for 7 to 8 seconds, breathing deeply throughout the exercise. Lower your arm and leg straight down, and then sweep them along the floor back into the starting position. That's one repetition. Perform four repetitions, then switch sides.

If performing from face down. Squeeze your glut. Don't arch your back



Pelvic Tilts

While lying on your back, curl your hips under. Try to flatten out the arch in your back by pressing your back into floor. Do 30-50 daily. Especially important for women.

Dead Bug

Lie on the floor. Put hand in small of back and push into hand. **Don't let spine extend ie come off your hand.** Raise knees to 90 degrees and touch opposite hand to opposite knee. Raise right hand over head while extending left leg to approx 45 degrees not letting spine come off hand. Do 10 per side then switch legs.



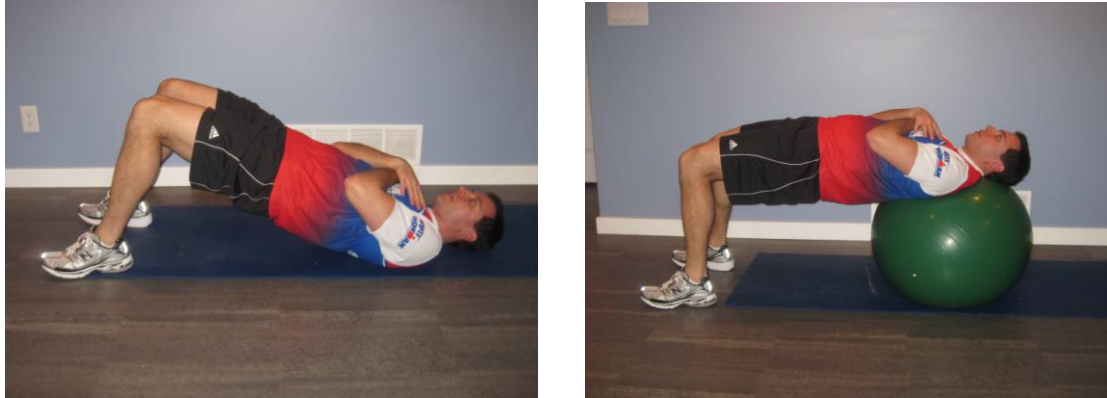
Don't arch your back!!! Maintain your spine neutral/abdominal brace. Use opposite arm and opposite leg touching them in the middle. Add a foam roller lengthwise for increased difficulty. Or add a baby.



or a medicine ball with some rotation



Glute Bridge—SUPER IMPORTANT!!!



(works butt, hamstrings, abs, pelvic muscles)

Lie on your back with your knees bent and your feet flat on the floor. Place your arms at your sides, palms facing down or across your chest. Squeeze your glutes and slowly raise your butt off the floor until your body forms a straight line from your knees to your shoulders. Squeeze your butt together like holding a coin between your cheeks. Hold this position for 2 to 5 seconds, then slowly lower yourself back down to the floor and repeat the move as many times as you can. Like 30-50 from floor then you can go to ball.

or to bosu

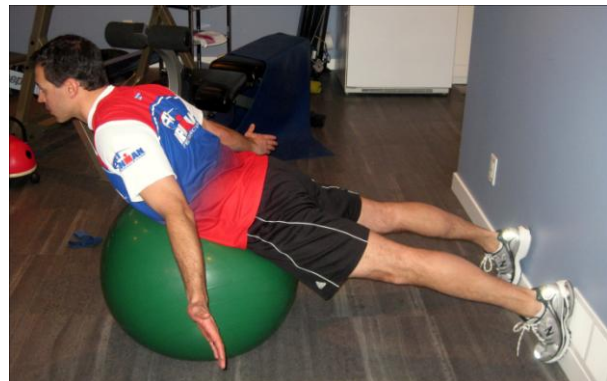
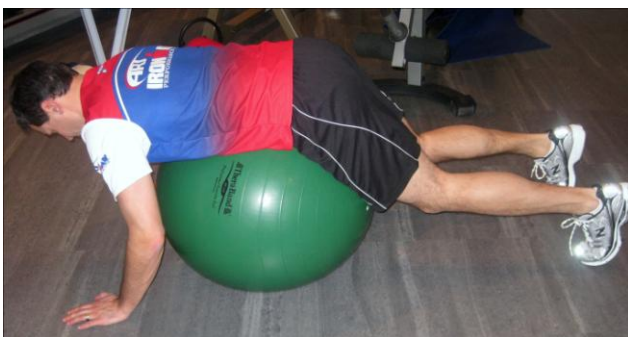


Or perform straight leg



If you feel a cramp in your hamstring, your are not using your glutes enough. Also, be careful not to use your lower back (lumbar spine) to lift the pelvis off the ground

Modified Superman's



Extend back and squeeze shoulder blades together while turning palms up